



Land Aerobics



Lehi Legacy Center
123 N Center St.

LEHI LEGACY CENTER LAND AEROBICS

*Looking to increase your cardio respiratory and
muscular endurance levels?*

Group Exercise Schedule – FALL-WINTER 2008-09

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------|---|---|---|---|--|--|
| 5:00 AM | MUSCLE + Tina | * CYCLE Danny | * PUMP Nita | * CYCLE Danny | MUSCLE + Nita | |
| * AERO. RM.* 6:00 AM | * CYCLE Jessica/Jason | MUSCLE MIX Tina | STEP INTERVAL Kara | * PUMP Natalie | * CYCLE Rachel | 7:00 AM * CYCLE Nita/Tina |
| No. Gym 6:00 AM | TURBO KICK Nita | SUNRISE YOGA Multi-purpose room #1 Susie | New Class Coming Soon | SUNRISE YOGA Multi-Purpose Room #1 Amber | JUMP & CRUNCH Marci | 7:00 AM *TREAD Coming in October |
| | 1/2 HOUR AB ATTACK Carrie | 8:15 AM CYCLE X-PRESS Susan | 1/2 HOUR AB ATTACK Rachel | 8:15 AM CYCLE FLEX Jessica | 1/2 HOUR AB ATTACK Mia | 8:15 AM MUSCLE + Aimee |
| 9:00 AM | X-TRAINING Carrie | 20-20-20 Amanda | KICK BOX Rachel | * PUMP MIX Becky | CARDIO CIRCUIT Lisa | 9:30 AM STEP CARDIO Amanda |
| | * TREAD & ABS Lezlie | | * TREAD & STRETCH Aimee | | * TREAD & SCULPT Carrie | |
| 9:30 AM | KID FITNESS** Melanie | KID FITNESS** Marci | KID FITNESS** Amy | KID FITNESS** Charlene | KID FITNESS** Heidi | |
| | SENIOR FITNESS Lezlie | SilverSneakers® MuscularStrength Susan | SENIOR FITNESS Heidi | SilverSneakers® Muscular Strength Amy | SENIOR FITNESS Tina | |
| 10:30 AM | * CYCLE Lari | | * CYCLE Jenn | | | 1 1/2 hr. CYCLE 1st Saturday of each month 6:30 – 8:00 am |
| 6:00 PM | * PUMP Aimee | STEP INTERVAL Aimee | TURBO KICK. Amanda | * CYCLE Ryan | | |
| 7:00 PM | YOGA I/II Aimee | TWILIGHT YOGA Jody | YOGA I/II Amanda | POWER YOGA Christy | | 1 1/2 hr. TREAD 3rd Saturday Of each month 6:30-800 am |
| 8:00 PM | | | | | | |

Back-to-Back classes are 55 minutes long. The Senior classes are 45-minutes classes

CLASS DESCRIPTION ON BACK

* Fee and/or check-in required at front desk

Schedule subject to change without notice

Each class is designed to maximize results while enhancing physical and mental fitness levels.

×QUICK FACTS

What.....Aerobic Classes

Where.....Lehi Legacy Center (Aerobic Room)

Who.....All Welcome!!!

FeesMember.....Free (*Kid Fitness - \$2 1st child, \$1 each additional

Non-Members...Aerobic Classes \$3.....Cycling \$4

***MORNING CLASSES ARE MEMBER ONLY CLASSES (5am-8am)**

INFORMATION

For more information contact Legacy Front Desk @ 768-7124

Effective August 20, 2007

768-7124